



# Hope in the Midst of Depression: How to Embrace Life Again

*Mary Southerland*

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## **Hope in the Midst of Depression: How to Embrace Life Again** Mary Southerland

Mary Southerland had a successful ministry, a husband who led a growing church, and two kids who were the joy of her life. She kept all these things in balance until clinical depression brought her world crashing down.

In *Hope in the Midst of Depression* Mary recounts her difficult journey and offers readers biblical advice and encouraging words to help them:

- understand what depression is and isn't
- experience right and godly thinking
- know that life beyond the pain exists

For anyone who struggles with depression, knows someone who is, or who needs encouragement, this is a source of light that will lead them to the hope and healing of Christ.

Formerly titled *Coming Out of the Dark*.



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